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CHRISTIANS

K **Pocket-Book :**

Or, a BUNDLE of Familiar

EXHORTATIONS

To the Practice of Piety.

Succinctly and advisedly adapted to the meanest
Capacities, both as to Style and Matter.

By a Minister of the G O S P E L:

*Thes. iv. 1. We beseech you, and exhort you by
the Lord Jesus, that as ye have received of us how ye
ought to walk and to please God, so ye would abound
more and more.*

*Heb. xiii. 22. I beseech you suffer the Words of
Exhortation, for I have written unto you in few Words.*

E D I N B U R G H:

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of the Street; opposite to the Cross, 1726.

P R E F A C E.

THere are many who either are not able to buy Books of great Price, or not willing to carry about with them Books of great Bulk; therefore we have cast into this small portable Pocket-book the following Bundle of Exhortations, which, we hope, compendiously contain the chief Substantials of practical Religion; which are of most common Use, and that People should most carefully mind, and be daily exercised in: We have advisedly contracted Matters into small Bounds, and expressed them in plain Terms, so that we expect none will grudge either the Price they pay for this Schedule, or their Pains in perusing it: We would not have the Reader satisfy himself with once reading or viewing it over, to please his curious or critical Fancy anent what is written; it is not the feeding of Fancy which the Author designs, but proposing Duty, and exhorting to the daily Practise; thereof hence we exhort you to read over these Exhortations frequently, and to form your daily Walk agreeably thereto: I wish God's Blessing on your Perusal thereof.



Bundle of Familiar Exhortations.

1. **C**ONSIDER your Soul-Concerns with great-
est Seriousness; all other Concerns are
but Trifles and Vanities in Comparison hereof:
Inconsideration is the Bane and Ruine of Souls,
it is the Parent of Sloath and Security, and the
great Hinderance of needful Resolution: And
specially consider, that ye have precious immor-
tal Souls, which after the End of this short Life,
will live for ever, either in everlasting Happi-
ness, or everlasting Misery. It is your chief Con-
cern to see to the Salvation of your Souls, as ye
would not be found inconsiderate Fools, or stu-
pid Sots. *Mat. xvi. v. 26. Phil. ii. v. 12.*

2. *Exh.* Lay deeply to Heart your natural
State of Sin and Misery, bethink you, that be-
sides your original Guilt, and the Corruption of
your whole Nature, which ye brought into the
World with you, that you are also guilty of in-
numerable actual Sins, by breaking all the Com-
mands of God, in Thought, Word and Deed,
for all which ye are worthy of God's heavy Curse
and Wrath, to pursue you, both in this World,
and that which is to come, and neither can ye re-
lieve your selves out of this dangerous Condi-
tion. *Psal. li. 4, 5. Rom. v. 18, 19. Gal. iii. 10.*

3. *Exh.* Flee speedily to Christ Jesus the only
Son of God, and the only Saviour of Sinners;
renouncing your own Righteousness, by true
Faith

Faith rest and rely upon his Merits, and imputed Righteousness, firmly expecting to be justified, pardoned and saved thereby. *Rom. v. 22, 24, 25, 3. 4, 5.*

4. *Exh.* Reflect seriously on your Baptismal Vows and Covenant, whereby ye are fast bound to be the Lord's; and to renounce and resist the Devil, the World and the Flesh, as the great Enemies of your Peace and Salvation, and make Conscience of keeping your solemn Engagements, as ye desire and hope to partake of Christ and his Benefits. Also set a part some Share of Time on Purpose to renew your Baptismal Covenant in your own Persons, expressly accepting Christ Jesus, for your Prophet, Priest and King, for your Portion, Guide, Guard, and All in All; and devoting your selves to him, to be his Subjects and Servants as long as ye live. Frequently renew your personal Covenant with him, and faithfully keep it. *Isa. xlv. 5. Rom. xii. 2. Exod. xix. 5.*

5. *Exh.* Make an intire Resignation of your selves to God, and of all that you enjoy, and have an Affection for, referring frankly to his Will, Wisdom and Goodness, to dispose of you and yours in all Things, in all Cases, and at all Times, as seemeth good and right in his Sight; live a Life of Dependance on him, and trust in him, who can make all Things work together for Good for you. *Mat. vi. 10. Rom. viii. 23.*

6: *Exh.* Daily read some Portion of the Holy Scriptures, diligently meditate on what you read, and study to understand, and remember what ye meditate, that thereby ye may come to know both Sin and Duty, and how both to be holy and happy, read also other practical Books, and seek the Lord's Blessing on your Reading. *John* v. 39. *2 Tim.* iii. 15, 16, 17.

7. *Exh.* Pray daily unto God Almighty, Morning and Evening at least; and see ye be not formal or lazy in your Devotions; and besides secret Closet Prayer, also make Conscience of Family Duties; let up and keep up the Worship of God in your Families, by reading in the Bible, and by Prayers, and Praises to God, who only can bless you and yours in all your Actions and Interests: Prayerless Persons, are justly to be looked on as Godless Persons. *Psal.* lv. 17. *Mat.* vi. 6, 7, 9. *Josh.* xxiv. 15.

8. *Exh.* Exercise your selves also sometimes to spiritual Meditations; think often of the Joys of Heaven, of the Torments of Hell, of the Sweetness of God's Promises, of the Terribleness of his Threatnings, of the Hatredness of Sin, of the Beauty of Holiness, of the Vanity of the World, of the Advantage of real Godliness, of your Hazards thro' manifold Temptations, and of the Readiness and Ability of Jesus Christ to help and comfort you in all Cases, &c. When ye rise up or ly down, when ye walk in the Streets, or in the Fields, when you are employ-
ed

ed in any Part of your lawful Calling, even at all Times, and every where, by Night or by Day ye may have good Thoughts towards God, and about your Soul-Concerns: *Gen. xxiv. 63. Psal. lxxiii. 6. civ. 34. Phil. iv. 8.*

9. *Exh.* Entertain and nourish tenderly the Motions and Impulses of God's Spirit on your Spirits; when ye find kindly Inclinations to Duty, fall in with them, when ye feel inward Checks and Fears with Respect to Sin, improve them to restrain you from all Iniquity; take special Heed ye do not smother Convictions, or wilfully resist and quench the Spirit's working in your Hearts. *Rom. viii. 1, 5, 13. 1 Thes. v. 19, 20.*

10. *Exh.* Wait punctually on publick Ordinances, and always prepare for appearing before the Lord in the Sanctuary; hear the Word reverently, let it be your earnest Desire to meet with God, and to get your Souls edified in the Grace and Knowledge of Christ Jesus; make particular Application both of Promises and Threatnings, agreeably to your Cases; when you are returned home, meditate and confer on what you have been hearing, and fervently pray God may give you Good of his Word: Neglect not to mind your Minister, in your Supplication, that he may be always blest with divine Assistance and Success. *Psal. lxxiii. 1, 2. Mat. xv. 10. Luke viii. 15, 18. 2 Thes. iii. 3.*

11. *Exh.* Frequently take the Sacrament of the Lord's Supper, but ere you venture on that holy

holy Ordinance, prepare carefully by examining your selves anent your Souls State and Condition, try if you be in a holy, humble, lively and tender Frame, penitently mourn over your Sins, resolve upon Amendment and Newness of Life; renew your personal Covenant, and use the Sacrament as a Seal of it; serve a Bill of Divorce against all your Idols and strange Lovers, that have courted and carried your Affections off Christ; hunger and thirst for closs Communion with him. In the A&t of communicating, watch narrowly over your treacherous Hearts, that they gad and go not astray from the Lord, and after you have communicated, try what Good ye have gotten; let it appear in your After-walks, that ye have been with Jesus, feasting with him, and upon him. 1 Cor. xi. 26.

12. *Exh.* Remember the Sabbath-day to keep it holy, not only by publick Worship, but by religious Duties in your Families, and in secret. Put away all vain, impertinent and earthly Thoughts, talk not of worldly Affairs, neither do any worldly Business, but what Works of Mercy and Necessity may call you to. Mispend no Part of the Lord's Day, either in idle Discourse, loitering at home, or unnecessary walking in the Fields. *Exod.* xx. 8, 9, 10, 11.

13. *Exh.* Look on Sin to be the worst Thing in the World, as being defiling to your Consciences, mischievous and damnable both to Soul and Body, and which is worst of all, dishonour

nable and displeasing to the Great God of Heaven. *Jer. ii. 19.*

14. *Exh.* Shun and resist Temptations, be still upon your Guard, watching over your deceitful Hearts, keeping the Door of your Lips, and being circumspect in all your Ways, you are encompassed about on all Hands with Snares and Temptations. *1 Pet. ii. 41. Prov. iv. 23. Psal. xxxix. 1, 2, Eph. v. 5. Mat. vi. 5, 8, 9.*

15. *Exh.* Daily repent of Sin: You are daily sinning in Thought, Word and Deed, for which ye should every Evening take an Account of your selves, and what Faults ye find ye are guilty of, confess them, mourn over them, resolve by God's Grace not to do the like again, have a Care your Repentance prove not a sighing and going backward: Moreover, not only repent of your own Faults, but lament over the Sins of your Relations, Neighbours, and the Places ye live in. *Acts xvii. 30. Job xxxiv. 32. Psal. cxix. 136.*

16. *Exh.* Mortify and bear down the inward Passions, and corrupt Affections of your Hearts, such as Anger, Envy, Malice, private Hatred, Revenge, Lustfulness, Covetousness, Pride, Ambition, and all secret Inclinations to Impiety; till your Souls be purged off these, ye cannot expect the Holy Ghost will dwell in you as in a Temple. *Col. iii. 5, 8. 1 Cor. iii. 16, 17.*

17. *Exh.* Keep at utmost Distance from the common Sins of the Times, from cursing, swearing,

of ng, drunkennels, stealing, cheating, lying, re-
 viling, bawdy Language, Fornication, and all
 be Uncleanneſs, deriding or mocking true Godli-
 e- neſs, or wiſhing Evil to the Godly, &c. For
 ſ, becauſe of theſe Things cometh the Wrath of
 ou God on the Guilty. *Eph. v. 3, 4, 5.*

18. *Exh.* Keep out of ill Company, bad
 Examples corrupt good Manners, think ſhame
 to converſe familiarly with openly prophane and
 debauched Perſons; this will be neither for your
 Credit, Comfort or Profit; rather chooſe vertu-
 ſ, ous, ſober and godly People, to be your ordi-
 nary Companions. Such a Man as ye would be,
 draw you to ſuch a Company. *Prov. xxii: 24.*
Pſal. cxix. 63.

19. *Exh.* Lead a holy and religious Life,
 walking ſincerely, according to the righteous
 Commands of God. Set the Lord always be-
 fore your Face; content not your ſelves with a
 bare Form, and outward Shew of Godlineſs
 without the Power of it, but be intirely holy
 in all your Ways. *1 Pet. i. 15. 16. 2 Tim. iii. 5.*

20. *Exh.* Be good in all Relations, not only
 a good Chriſtian in general, that daily reads
 and prays, and runs to Preachings and Commu-
 nions, but be a good Husband, and a good Wife;
 be a dutiful Parent, and an obedient Child, be
 a righteous Maſter, and a diligent and honeſt
 Servant, be a good peaceable Neighbour, wrong-
 ing no Body, either with Tongue or Hands,
 thus

thus be good and godly in all Relations and Capacities. *Rom. xii. 18. Col. iii. 18, to 24.*

21. *Exh.* Be strong in the Grace that is in Christ, be not satisfied with small Measures of Grace, use all fit and proper Means for growing in Grace, and keeping it in lively Exercise, without the Exercise of Grace ye can do nothing to Purpose, either in performing Duties, subduing Corruptions, bearing Afflictions, or resisting Temptations, &c. Have a Care of spiritual Sloath and Unwatchfulness, daily make Use of Christ for quickening and increasing your Grace, *John i. 16. 2 Pet. i. 5, to 9. 2 Pet. iii. 8.*

22. *Exh.* Airth and fix your Afflictions right. Love not the World, nor any earthly Comforts immoderately: Give your Hearts Love to precious Christ above all Things, who is only worthy of your chief Desires. *Col. iii. 1, 2. 1 John ii. 15. Mat. xxii. 37.*

23. *Exh.* Be not vain or proud of any temporal Thing, neither of Riches, Honour, Beauty, Strength of Body, Parts or Gifts of Mind, nay not of Grace it self; All earthly Possessions and Goods are uncertain, vain, and lyable to innumerable Chances and Changes. *Eccl. i. 2, 14.*

24. *Exh.* Be moderate in all Things: In your Judgment of your selves, and Opinion of others; Be moderate in eating, that ye be not gluttonous. In drinking, that it be not to Excess, in Apparel, that ye be not Prodigal, in your House-keeping, that

and that ye stretch not either beyond your Rank or Ability, in your Recreations, that ye mispend not precious Time; Sobriety is always safe and commendable. *Phil. iv. 5. Tit. ii. 12.*

25. *Exh.* Make as much Conscience of Sin and Duty in Secret before God alone, as openly in the Sight of Men; have a Care of Pharisaical Righteousness. *Gen. xxxi. 9. Mat. vi. 1, 4, 5, 6.*

26. *Exh.* Follow your lawful Calling diligently; never be idle, but have your Hand always in a Turn, the Hand of the diligent maketh Rich; yet be not so much swallowed up with your worldly Affairs, as to forget God, or your Souls, or juggle out religious Duties. Keep a good Mids in all your Affairs, swaying to no Extreme, either of neglecting your lawful Calling, under the Pretence of constant Devotion, or of too much Engagement in Throng of worldly Business, under the Pretence of dutilul providing for your Families, every Thing is beautiful in its Season. *Eccl. ix. 10. Rom. xii. 11.*

27. *Exh.* Look more to God's Providence and Blessing for making you thrive and prosper in the World, than to your own Skill or Industry: And as ye would expect God's Blessing, be just, upright and honest in your Dealings; cheating no Man, defrauding no Man, by lying, equivocating or over-reaching. *Prov. xxii. 10.*

28. *Exh.* Be content with your Lot, whatever be the Circumstances and Ingredients thereof: Be not your own Carvers, lest ye cut your Fin-

Fingers in the carvings, whatever God gives to you, whatever he takes from you, acquiesce in his Will, which should never be quarrelled: Own your needy Dependance on his Providence; and in all the Changes of your Condition, say, Good is the Will of the Lord. *Heb. xiii. 5. Job. i. 21, 22.*

29. *Exh.* Bear Afflictions patiently and submissively, and be more concerned to get the sanctified Use of your Troubles, than how to be freed from them: Look to the Hand of God, in all the Pains, Sicknes, Crosses, Losses, Disappointments, Reproaches, and Vexations ye meet with. In Faith and Hope cast your Cares, and Burdens upon the Lord. *Heb.* xii. 5, 9, 11. *Psal.* lv. 22. 1 *Pet.* v. 7.

30. *Exh.* Thank God heartily for all the Mercies ye receive, whether with Respect to your Bodies or your Souls, freely acknowledge ye get more Mercies than ye are worthy of, more than ye improve or guide well, more than ye are suitably thankful for, and far more Mercies than many others get, who are better, and more serviceable to God than you. Reckon it a Mercy, that ye are out of Hell, and that ye have the Opportunity of the precious Gospel of Christ. Notice and record all the Mercies of God, and sometimes take a while on set Purpose, to thank and praise God for them. *Psal. ciii*, to the End.

nd. *Ermenegildo Zegna*

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31. *Exh.* Specially remark and treasure up spiritual Experiences, such as the Answer of Prayer, Victory over Temptations, the sensible Presence of God in Ordinances and Duties, &c. Never deny, hide or smother Christ's Kindness; this is bastard Humility, and true Ingratitude. *Psal* xlii. 6, 8. *Psal* lxvi. 16, 17, 20.

32. *Exh.* Be charitable to the Poor, as far as ye are able; if ye cannot help them with your Purse, help them with your Prayers and Sympathy, and such Offices of Kindness and Humility, as may make the Miserable to bless you. *Prov.* xxii. 9, 19, 17. *Job.* xiii. 29.

33. *Exh.* Study more to be well grounded in the fundamental Principles of Religion, than to spend your Time about the Matter debateable, and less necessary to be known; see ye do nothing that may break the Peace and Unity of the Church, go not without the Bounds of your Station, under Pretence of Zeal and a publick Spirit. *John* xvii. 3. 1 *Pet.* iii. 15. *Psal.* cxxxi. 1.

34. *Exh.* Carry a due Respect both to Magistrates and Ministers; obey them in all Things lawful. If in any Thing ye be publick Faulters and Offenders, willingly subject both to civil Punishments, and to Church Discipline and Censures: Regard and reverence Rulers as your Superiors. *Rom.* xiii. 1, to 8. *Heb.* xvii. 13.

35. *Exh.* Do all ye can in your Station for promoting the Interests of the Gospel, as God doth call and enable you. Join not at all with

ill Men and Persecuters, to trouble any Body for their Religion and Conscience; sympathize with the persecuted People of God, in foreign Churches; also sympathize much with the blinded *Jews*, and Heathen Nations, daily pray that God may pity and convert them, and make the Light of the Gospel shine through the World. *Acts ix. 26, 29. Obad. 11, to 18. psal. li. 18.*

36. *Exh.* Resolve upon the Sufferings of Christ, be at least Martyrs in Resolution; if ye mind for Christ and the Crown, ye must also be content to take Christ and the Cross; this is one of the special Articles in his new Covenant Bargain with Sinners; prepare for Trials, ye know not what ye may meet with ere ye go off the Stage of Time: Arm your selves against all Peradventures: *Mat. xvi. 24.*

37. *Exh.* Mind Religion as your main Business; and all your other Affairs, but as petty By-busines. Be not as the Bulk and Body of the blinded demented World, who live without God, without Christ, and without Hope, who live as if they were not to die, as if there were neither Heaven or Hell, nor a Day of Judgment after this Life. *Eph. ii. 12. Tit. i. 16.*

38. *Exh.* Propose God's Glory as the chief End of all your Actions, and make his Word the Rule of them; take heed that base selfish By-ends, be not your main End, either in Duties towards God, or towards Man: He that

walks,

Body walketh uprightly, walketh surely. 1 Cor. x. 31.

thiz. w. x. 9.

39. *Exh.* Spend your Time well and profitably; Time is precious, but a passing Thing, that when once past, cannot be brought back to the gain. When you are to leave Time, nothing will more gall you than the tormenting Thoughts of mispent Time: As on the other Hand, nothing will be more comfortable, than the Consideration of managing your golden Hours profitably; mind God will call you to an Account for every Minute of Time, how you have improved that excellent Talent: O! what a valuable, yet what an abused Mercy, is precious Time, *Eph. v. 16.*

40. *Exh.* Mind seriously ye are frail mortal Creatures, lyable to a thousand dangerous Accidents: Most certain it is, ye must die, but when, where, or how no Body knows: Neither young or old can promise themselves a Day, or an Hour, beyond the Moment they breathe in, therefore account it the Care of Cares to prepare for Death, Judgment, and Eternity; study to be always ready by making your Peace with God, by securing an Interest in Christ, by living near God in the daily Practice of Piety, and by avoiding all Wickedness, that when the Lord shall send you a Summons to remove hence to your long Home, ye may be found fit to die, and step into Eternity. *Deut. xxxii. 29. Psal. ix. 3, 9, 12. Heb. ix. 27. 1 Pet. i. 15. James iv. 8.*

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